



## Need a Speaker?



If you are looking for a speaker for your church, business or civic group, the staff of Senior Services is well trained in a variety of topics. Programs can include the following:

- Presentation about Senior Services, our programs, services and activities
- A presentation about our programs combined with Senior Services Bingo
- Older Adult Sensitivity training - See the world through the eyes of older adults in this fun, interactive training (great for children or teenagers and also caregivers!)
- American Red Cross' Family Caregiving Program - Learn to take better care of your loved one & yourself as a caregiver
- Advance Care Planning - Learn how to make sure your wishes are carried out and help your loved ones during the difficult time
- Welcome to Medicare/Other Medicare Training - Let us guide you through the Medicare maze. We can do a comprehensive overview of Medicare or just focus on specific topics.

Presentations can be customized in length & topics to meet your needs and can be geared to any audience - older adults, professionals, children, or a combination.

Call Kim Shuskey at 336-753-6230 to discuss what type of presentation you need.

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## APRIL SPECIAL EVENTS - MOCKSVILLE SITE

Our Mocksville site is located at 278 Meroney Street. Hours are Monday - Thursday, 8:00am - 8:00pm, Friday, 8:00am - 5:00pm, Saturday - 9:00am - 1:00pm. Phone Number is 336-753-6230.

### ASK THE DOCTOR

Monday, April 2 - 10:45 - 11:15am - MP Room A

Speaker: Dr. George Kimberly

See all the details on page 16.

### SENIOR FINANCIAL CARE

Tuesday, April 3 - 8:30am - 4:30pm - by appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on page 20.

### BLOOD PRESSURE SCREENINGS

Tuesday, April 3 - 10:45am - MP Room A

Screener: Davie County Home Health representative

See all the details on page 16.

### BEGINNER'S KNITTING

Tuesdays, April 3 - 24 - 10:45am - 12:00noon - Classroom B

Instructor: Reba Holt

Cost: Free

RSVP by March 27

If you want to learn to knit, now is your chance. Reba will teach beginner's knitting. Please bring your own yarn & size 8 knitting needles. Open to adults 55 & older and exceptions under the general participation policy.



### MASSAGE THERAPY

Tuesday, April 3 - 1:00pm - 4:00pm - by appointment only - Classroom A

Cost: \$30.00 for 30 minute massage

See all the details on pg. 16.

### BALLROOM DANCING DEMO & LESSON

Tuesday, April 3 - 6:30pm - MP Room B

RSVP by: March 27

A dance instructor will share with the group benefits of dancing, do a demonstration & a short lesson. Regular practices will start in

April, but you do not have to attend those to come to the seminar. Open to adults 55 and older and exceptions under the general participation policy.

### SENIOR GAMES OPENING CEREMONIES & PICNIC

Wednesday, April 4 - 12:30pm - MP Room B

Cost - Free (with pd. Sr. Games registration)

RSVP by March 28

Kick off an exciting month full of Senior Games and SilverArts activities. There will be a few short remarks and lunch. Open to all paid Senior Games & SilverArts participants. Call for more information on Senior Games & SilverArts or see page 10 for details.



### BALLROOM/SOCIAL DANCING - NEW!

Wednesdays, starting April 4 - 6:00pm

- MP Room B

Cost: Free

If you enjoy dancing, come join this fun group. A group of dancers will get together every Wednesday night to practice ballroom dancing and shagging. There is no instruction provided. You would need to bring a partner with you. Open to adults 55 and older and exceptions under the general participation policy.

### SPRING PARTY

Tuesday, April 10 - 2:00pm - MP Rooms A & B

Cost: Free

RSVP by April 3

Welcome Spring with a fun party, great refreshments and some Beach music. Open to adults 55 and older and exceptions under the general participation policy.

### SCRAPBOOKING

Tues., April 10 - 2:00pm - Classroom B

RSVP by April 3

See all the details on pg. 10.

### ALZHEIMER'S SUPPORT GROUP

Tues., April 10 - 6:30pm - Classroom B

See all the details on pg. 20.

## APRIL SPECIAL EVENTS - MOCKSVILLE SITE

### **KNITTING/CROCHETING GROUP**

**Thurs., April 12 - 1:00 - 3:00 - Classroom B**  
See all the details on pg. 11.



### **DINNER & A MOVIE -** **"MONEYBALL"**

**Thursday, April 12 - 5:30pm**

**Cost: Free**

**RSVP by April 4**

**MPLC license No: 12377840**

Enjoy dinner then stay for "Moneyball". In this movie an all-star cast brings to life the true story of Billy Beane, a former jock turned general manager who uses unconventional methods to bring the best players to the Oakland A's. This movie stars Brad Pitt & Jonah Hill. It is rated PG-13 for some strong language and runtime is approximately 2 hours and 13 minutes. It is open to adults 55 & older & exceptions under the general participation policy, but will be limited to the first 100 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

### **SIGN LANGUAGE CLASSES**

**Fridays, April 13 - June 1 - 11:00am - 1:00pm - Classroom B**

**Cost: \$40.00**

**Instructor: Barry Geller**

**RSVP by April 5**

Learn sign language in a fun environment. Each session is interactive. Classes are open to all ages, including children (must be accompanied by an adult.)

### **HOW TO STAY CALM, COOL & COLLECTED AS A CAREGIVER**

**Friday, April 13 - 1:00pm- Multipurpose Room B**

**Cost - Free**

**Speakers: Martha Crouse & Sandy Spillman, Somerset Court of Mocksville**  
**RSVP by April 5**

Caregiving is a challenging role. There are times when you think you may lose your cool. Our speakers will share tips with the group about how to maintain your composure even during stressful and difficult times. Open to adults of any age - no children please.

### **DESTINATION FITNESS TESTING**

**Monday, April 16 - 9:30 - 11:00am - Exercise Room - By appointment only**  
See all the details on pg. 18.

### **MONTHLY MOVIE - "DOLPHIN TALE"**

**Mon., April 16 - 2:00pm - MP Rooms A & B**  
**RSVP by April 9**

**MPLC license No: 12377840**

After losing its tail to a crab trap, a dolphin is doomed until a young boy spots its plight. It is given a new tail, and a new life, through the efforts of the humans who save it in this true-life adventure saga. Starring Morgan Freeman, Ashley Judd & Harry Connick, Jr., this film is rated PG for some mild, thematic elements. Runtime is approximately 1 hour, 53 minutes. Open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

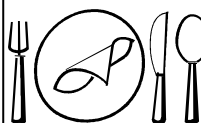


### **MASSAGE THERAPY**

**Tuesday, April 17 - 9:30am - 4:00pm - by appointment only - Classroom A**

**Cost: \$30.00 for 30 minute massage**

See all the details on pg. 16.



### **SENIOR LUNCH**

**Tuesday, April 17 - 11:30am - MP Room B**

**Speaker: Mike Wells**

**Cost: Free**

**RSVP by April 10**

Attorney Mike Wells will share an entertaining & informative talk, "What I Learned About Life On the Way to the Courthouse". Afterwards we will enjoy lunch. Open to adults 55 & older and exceptions under the general participation policy.

### **SENIOR BOOK CLUB - NEW TIME!**

**Tues., April 17 - 1:30 - 3:00pm - Classroom B**

**RSVP by April 10**

See at the details on page 16.

## APRIL SPECIAL EVENTS - MOCKSVILLE SITE

### **RADON AWARENESS**

**Thursday, April 19 - 1:00pm - MP Room B**

**Speaker: Mike Lunsford, NCDEHNR**

**Cost: Free**

**RSVP by Apr. 12**

Did you know that Radon is the #1 cause of cancer after smoking, and kills more than 21,000 Americans every year. Radon is completely invisible and many homes have high levels of radon in them and do not even know it. Learn more about radon, how to stay safe and to test your home at this informative seminar. Open to adults of any age - no children please.

***Qualifies for Destination Fitness drawing.***

### **FRIDAY AFTERNOON AT THE MOVIES - "BLOODWORK"**

**Friday, April 20 - 1:00pm - MP Rooms A & B**

**RSVP by April 13**

**MPLC license No: 12377840**

Clint Eastwood stars as a retired homicide detective who is drawn out of retirement to solve the murder of the woman whose heart he received in a transplant. This crime drama is rated R for violence and language. Runtime is approximately 1 hour and 50 minutes. Due to the age of the movie, closed captions may not be available, but will be used whenever possible. Open to adults 55 & older and exceptions under the general participation policy.



### **SATURDAY MORNING BREAKFAST**

**Sat., April 21 - 9:00am - MP**

**Rooms A & B**

**Cost: Free**

**RSVP by April 13**

Adults 55 and older & their guests of any age are invited to a great breakfast. Afterwards we will play some cornhole and Wii games. Kick off your weekend with friends and family at this fun event. You may bring any number of guests, but anyone under 55 must be accompanied by someone 55 or older.

### **KARAOKE**

**Monday, April 23 - 2:00 - 3:30 - MP Room B**

**Cost: Free**

**RSVP by April 16**

It has been awhile since we've had karaoke, so for all of you who have been missing it, this is your day. Come have some fun singing to your favorite songs, or just listen to the talents of others. Open to adults 55 & older and exceptions under the general participation policy.

### **THEATRE CLUB**

**Tues., April 24 - 1:00pm - Classroom B**

See all the details on pg. 17.

### **SINGLE'S DINNER**

**Tuesday, April 24 - 5:30pm**

**Cost: \$5.00 for transportation & Dinner on Your Own**

**RSVP by April 17**

**Transportation space limited to the first 24 - MONEY IS DUE AT TIME OF SIGN UP & IS NON-REFUNDABLE**

This is a special event for all single adults 55 and older - whether never married, divorced, or widowed. We will meet at Senior Services at 5:30 and go to Farmhouse Restaurant in Salisbury. All participants will pay for their own meal. For those who wish to meet us at the restaurant, the \$5.00 transportation fee will be waived. Please still RSVP so that we can reserve enough table space. Open to single adults 55 and older.

### **WINSTON SALEM DASH GAME**

**Wednesday, April 25 - 10:30am**

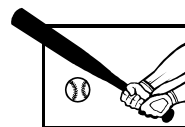
**Cost: \$5.00 for transportation, \$15.00 for ticket (includes all you can eat food at game & free hat)**

**RSVP Deadline - April 18 (or when spaces fill)**

**Space limited to 20 people - ALL MONEY IS DUE AT TIME OF SIGN UP -**

**TRANSPORTATION MONEY IS NON-REFUNDABLE, TICKET MONEY MAY BE REFUNDED IF THERE IS SOMEONE ON THE WAITING LIST TO TAKE YOUR PLACE**

Let's go root for the home team as the Winston Salem Dash take on the Potomac Nationals. We



## APRIL/MAY SPECIAL EVENTS - MOCKSVILLE SITE

will meet at Senior Services at 10:30 and go to the game where we will enjoy all you can eat food, a free WS Dash baseball hat for each participant and recognition of the group during the game. A pickup point in the Hillsdale area will be announced at a later date for those who are in that area. For those who wish to drive their own car, the \$5.00 transportation fee will be waived. You must still meet at one of the pickup locations so that all can arrive together. Open to adults 55 & older and exceptions under the general participation policy.

### **KNITTING/CROCHETING GROUP**

**Thurs., April 26 - 1:00 - 3:00 - Classroom B**  
See all the details on pg. 11.

### **BINGO**

**Friday, April 27 - 1:00pm - MP Room B**

**Cost: Free RSVP by Apr. 20**

Join us for some fun games of bingo and a chance to win prizes. Refreshments will be served. Open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, Braille cards and display screen are available.*



### **SENIOR FINANCIAL CARE**

**Tuesday, May 1 - 8:30am - 4:30pm - by appt. - Media Room**

**Counselors provided by Senior Financial Care of Winston Salem**

See all the details on page 20.

### **BLOOD PRESSURE SCREENINGS**

**Tues., May 1 - 10:45am - MP Room A**  
 **Screener: Davie County Home Health representative**

See all the details on page 16.

### **MASSAGE THERAPY**

**Tuesday, May 1 - 1:00pm - 4:00pm - by appointment only - Classroom B**

**Cost: \$30.00 for 30 minute massage**

See all the details on pg. 16.

### **SENIOR CELEBRATION**

**Thurs., May 3 - 2:00pm - MP Rooms A & B**

**Cost: Free**

**RSVP by April 26**

Let's kick off Older American's Month with a great party. This year's theme is "You're Never Too Old to Play". We will celebrate "playing" in various ways, enjoy refreshments and will be entertained by our own Davie County Singing Seniors. This event is open to adults 55 and older and exceptions under the general participation policy.

### **HANDBELLS**

**Friday, May 4 - 10:00am - MP Room B**

See all the details on pg. 17.

### **FRIDAY AFTERNOON AT THE MOVIES - "DOC HOLLYWOOD"**

**Friday, May 4 - 1:00pm - MP Rooms A & B**

**RSVP by April 27**

**MPLC license No: 12377840**

Join us for this movie where a big city doctor ends up doing community service in a small town. Will he do his time & leave, or will the small town charms win him over? This is rated PG-13 and stars Michael J Fox. Runtime is approximately 1 hour, 44 minutes. Due to the age of the movie, closed captions may not be available, but will be used whenever possible. Open to adults 55 & older and exceptions under the general participation policy.

### **ASK THE DOCTOR**

**Mon., May 7 - 10:45 - 11:15am - MP Room A**

**Speaker: Dr. George Kimberly**

See all the details on pg. 16.

### **FOOD CARE & PREP DURING A POWER OUTAGE**

**Tuesday, May 8 - 1:00pm - MP Room B**

**Cost: Free**

**Speaker: Jami Lawhon, NC Cooperative Ext., Davie Office**

**RSVP by: May 1**

There are all types of things that can cause a power outage. How do you be sure the food you are storing or preparing will remain safe during this time? Ms. Lawhon will answer all your questions at this seminar. It is open to adults of any age - no children please.

## MAY SPECIAL EVENTS - MOCKSVILLE SITE

### **SCRAPBOOKING**

**Tues., May 8 - 2:00pm - Classroom B**  
**RSVP by May 1**

See all the details on pg. 10.

### **ALZHEIMER'S SUPPORT GROUP**

**Tues., May 8 - 6:30pm - Classroom B**

See all the details on pg. 20.

### **KNITTING/CROCHETING GROUP**

**Thurs., May 10 - 1:00 - 3:00 - Classroom B**

See all the details on pg. 11.

### **MOTHER/DAUGHTER SOCIAL**

**Friday, May 11 - 6:30pm - MP Rooms A & B**

**Cost: Free**

**RSVP deadline May 4 (or when all spaces fill)**

This event is open to ladies age 55 & older and their daughters, granddaughters, nieces or friends regardless of age. Dinner will be provided. After dinner we will have a fun and informative talk by Ava Lewandowski. Ms. Lewandowski will share with the group tips about how to redesign your home using the things you already own. Ladies 55 and older are welcomed without guests as well.



### **MASSAGE THERAPY**

**Tuesday, May 15 - 9:30am - 4:00pm - by appointment only - Classroom B**

**Cost: \$30.00 for 30 minute massage**

See all the details on pg. 16.

### **SENIOR BOOK CLUB - NEW TIME!**

**Tuesday, May 15 - 1:30 - 3:00pm - Classroom A**

**RSVP by May 8**

See all the details on page 16.



### **SILVERARTS EXHIBITION & PERFORMANCES**

**Tuesday, May 15 - 6:00pm - Multipurpose Rooms A & B**  
**RSVP by: May 10**

This is your chance to see, hear and experience some of Davie County's finest

senior talents. All entries for SilverArts will be on display during the event. In addition, you will be able to watch the Performing Arts entrants as they compete in that section of SilverArts. Refreshments will be served. This event is open to the public of all ages. To enter SilverArts, call Senior Services or see pg. 10 for all the details.

### **ARE YOU DRINKING ENOUGH WATER?: THE IMPORTANCE OF STAYING HYDRATED**

**Thursday, May 17 - 1:00pm - MP Room B**

**Cost: Free**

**Speaker: Debbie Barr, Health Educator, J. Paul Sticht Center, Wake Forest Baptist Medical Center**

**RSVP by: May 10**

Staying hydrated is essential to good health. How do you know if you are getting enough water? Ms. Barr will share important information with the group about hydration and how to be sure you are getting enough to drink. These seminars are open to adults of any age - no children please.

***Qualifies for Destination Fitness drawing.***

### **SENIOR GAMES/SILVERARTS CLOSING CEREMONIES & AWARDS DINNER**

**Thursday, May 17 - 6:00pm - Parks & Rec.**

**COST: Free with pd. Senior Games Entry**

If you are a Senior Games/SilverArts participant don't miss the conclusion of the games. Dinner will be served and awards will be given. Event for paid Senior Games/SilverArts participants and paid guests only.

### **FRIDAY AFTERNOON AT THE MOVIES - "MEN IN BLACK"**

**Friday, May 18 - 1:00pm - MP Rooms A & B**

**RSVP by May 11**

Men in Black follows the exploits of agents Kay and Jay, members of a top-secret organization established to monitor and police alien activity on Earth. It stars Will Smith & Tommy Lee Jones and is rated PG-13. Runtime is approximately 1 hour, 37 minutes. Due to the age of the movie, closed captions may not be available, but will be used whenever possible. Open to adults 55 & older and exceptions under the general participation policy.

# MAY SPECIAL EVENTS - MOCKSVILLE SITE

## **CROP 'TILL YOU DROP**

**Saturday, May 19 - 9:00am - 2:00pm**

**Cost: Free**

**RSVP by May 11**

Attention all scrappers!! Bring your scrapbooking supplies and get ready to have fun! For five hours we will scrapbook, give away lots of door prizes, play some fun games, have great snacks and listen to experts share tips. Come for the whole time or just part of the day - whatever suits you best. You are sure to have fun, learn something new and get lots done. Open to the community of all ages.

## **DESTINATION FITNESS TESTING**

**Monday, May 21 - 9:30 - 11:00am -**

**Exercise Room - By appointment only**

See all the details on pg. 18.

## **MONTHLY MOVIE - "THE HELP"**

**Mon., May 21 - 2:00pm - MP**

**Rooms A & B**

**RSVP by May 14**

**MPLC license No: 12377840**

Set in Mississippi during the 1960s, a southern society girl returns from college determined to become a writer, but turns her friends' lives, and a Mississippi town, upside down when she decides to interview the black women who have spent their lives taking care of prominent southern families. Soon more and more women come forward to tell their stories -- and as it turns out, they have a lot to say. Along the way, unlikely friendships are forged and a new sisterhood emerges, but not before everyone in town has a thing or two to say themselves when they become unwittingly caught up in the changing times. Rated PG-13 for thematic material, this movie stars Emma Stone and Viola Davie. Runtime is approximately 2 hours and 26 minutes. It is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*



## **ASK THE DIETICIAN**

**Tuesday, May 22 - 10:45am - MP**

**Room A**

**Speaker: Cathy Manson, Davie Co. Health Dept.**

**RSVP by: May 15**

Get the answers to your nutritional questions from the expert. Also learn about the Diabetes Program offered through the Health Dept. Open to adults of any age, no children, please.



## **THEATRE CLUB**

**Tues., May 22 - 1:00pm - Classroom B**

See all the details on pg. 17.

## **KNITTING/CROCHETING GROUP**

**Thursday, May 24 - 1:00 - 3:00 -**

**Classroom B**

See all the details on pg. 11.

## **"FIDGET APRONS" SERVICE**

**PROJECT/ CRAFT**

**Thursday, May 24 - 1:00pm - MP**

**Room B**

**Instructor: Kim Shuskey, Director**

**Cost: Free - bring own scissors & portable sewing machine if you have one**



**RSVP by May 17**

For this quarter's craft, we will have fun while helping out others. Senior Services gives away "Fidget Aprons" to those with Alzheimer's or other forms of dementia and is looking for a few good folks who would be willing to help us make these. Come to this class to learn how to make a "Fidget Apron", make a few while you are here and then continue the project throughout the year if you so choose. All supplies for the aprons will be provided. If you have a portable sewing machine, please bring it along with your own scissors. Open to adults of any age.

## MAY/JUNE SPECIAL EVENTS - MOCKSVILLE SITE



### **GOLDEN ANNIVERSARY PARTY**

**Wed., May 30 - 12:00pm -**

**MP Room B**

**Register no later than May 23**

All couples who have been married 50 years or more as of May 30 are invited to a luncheon in their honor. We'll have a great meal and be entertained by pianist Phyllis Gough.

### **HANDBELLS**

**Fri., June 1 - 10:00am - MP Room B**

See all the details on page 17.

### **ASK THE DOCTOR**

**Mon., June 4 - 10:45 - 11:15am -**

**Multipurpose Room A**

**Speaker: Dr. George Kimberly**

See all the details on page 16.

### **SENIOR FINANCIAL CARE**

**Tuesday, June 5 - 8:30am - 4:30pm - by appt. - Media Room**

**Counselors provided by Senior Financial Care of Winston Salem**

See all the details on page 20.

### **BLOOD PRESSURE SCREENINGS**

**Tuesday, June 5 - 10:45am -**

**Multipurpose Room A**

**Screener: Davie County Home Health representative**

See all the details on page 16.



### **MASSAGE THERAPY**

**Tuesday, June 5 - 1:00pm - 4:00pm - by appointment only - Classroom B**

**Cost: \$30.00 for 30 minute massage**

See all the details on pg. 16.

### **DESTINATION FITNESS BREAKFAST**

**Fri., June 8 - 9:00am - MP Room B**

**Sponsor: Senior Services**

**Register no later than June 1**

**Logs due June 4 to Ina Beavers**

For our next destination we will "walk" 130

miles to Roanoke, VA. Everyone who participates in the Destination Fitness testing or is interested in participating in the program is invited. For more details on this program, see page 18.

### **FATHER/SON SOCIAL**

**Monday, June 11 - 6:00pm - MP Rooms A & B**

**Cost: Free**

**RSVP by June 4**

All senior men age 55 & older and their sons, grandsons, nephews or friends regardless of age are invited to this event. We will enjoy a delicious dinner & hear an entertaining program from golf pro Jay Hill. But you don't have to be a golfer to enjoy this event. Please be sure to sign up early for this event, as it will be canceled if there are not enough participants. Men 55 and older are welcome to come without guests as well. Men only please.



### **VETERAN'S SOCIAL**

**Tuesday, June 12 - 10:30am - MP Room B**

**RSVP deadline: June 5**

Senior Services and the Veteran's Service Office host this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. This quarter there will be a short presentation on information pertinent to veterans. ***This is intended to be a time of reminiscing and socialization for veterans, therefore it is limited to veterans only, no guests.***

### **SCRAPBOOKING**

**Tuesday, June 12 - 2:00pm - Classroom B**

**RSVP by June 5**

See all the details on pg. 10.

### **ALZHEIMER'S SUPPORT GROUP**

**Tuesday, June 12 - 6:30pm - Classroom B**

See all the details on pg. 20.

### **KNITTING/CROCHETING GROUP**

**Thursday, June 14 - 1:00 - 3:00 -**

**Classroom B**

See all the details on pg. 11.



# JUNE SPECIAL EVENTS - MOCKSVILLE SITE

## **SATURDAY MORNING CINEMA - NEW!!**

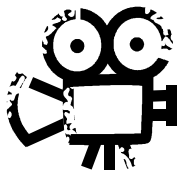
**Sat., June 16 - 10:00am - MP**

**Rooms A & B**

**RSVP by June 9**

**MPLC license No: 12377840**

Each quarter we will show a movie one Saturday morning. It will be a mix of older & newer movies. This time we will show "The Outlaw Josey Wales". In this classic western starring Clint Eastwood, a Missouri farmer joins a Confederate guerilla unit and winds up on the run from the Union soldiers who murdered his family. This movie is rated PG. Runtime is 2 hours, 15 minutes. Due to the age of the movies, closed captions may not be available, but will be used whenever possible. Open to adults 55 & older and exceptions under the general participation policy.



## **DESTINATION FITNESS TESTING**

**Monday, June 18 - 9:30 - 11:00am -**

**Exercise Room - By appointment only**

See all the details on pg. 18.

## **MONTHLY MOVIE - "LARRY CROWNE"**

**Mon., June 18 - 2:00pm - MP Rooms A & B**

**Cost - Free**

**RSVP by June 11**

**MPLC license No: 12377840**

After he's laid off from his longtime job at a soulless retail giant, average middle-aged guy Larry Crowne decides it's time to change his life by heading back to college, where he finds a new perspective -- and a new romance with a professor. Starring Tom Hanks and Julia Roberts, this movie is rated PG 13 for brief strong language and some sexual content. Runtime is 1 hour, 38 minutes. It is open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

## **MASSAGE THERAPY**

**Tues., June 19 - 9:30am - 4:00pm - by appointment only - Classroom B**

See all the details on pg. 16.

## **SENIOR BOOK CLUB - NEW TIME!**

**Tues., June 19 - 1:30 - 3:00pm - Classroom A**

**RSVP by June 12**

See at the details on page 16.

## **INTERGENERATIONAL MOVIE - "MR. POPPER'S PENGUINS"**

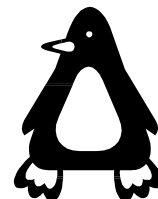
**Thurs., June 21 - 1:00pm - MP**

**Rooms A & B**

**RSVP by June 14**

**MPLC license No: 12377840**

The life of a businessman begins to change after his father, whom he had little interaction with as a child, sends him six penguins. He tries to get rid of them, but when his ex-wife and children come to celebrate his son's birthday, the kids are taken with the penguins. As he transforms his apartment into a Winter Wonderland, his professional life begins to unravel. Rated PG for mild rude humor and some language, runtime is 1 hour, 34 minutes. You are welcome to bring your grandkids, great-grandkids, etc. All children must be accompanied by an adult. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*



## **THEATRE CLUB**

**Tuesday, June 26 - 1:00pm - Classroom B**

See all the details on pg. 17.

## **DENTAL HEALTH SEMINAR**

**Tuesday, June 26 - 1:00pm - MP Room B**

**Speaker: Lynn Kelly, Forsyth Co. Public Health Hygienist**

**RSVP by June 19**

Problems with your teeth can lead to a multitude of health problems. Learn what you need to know to keep your mouth healthy. Open to adults of all ages -- no children, please.

***Qualifies for Destination Fitness drawing.***

## **KNITTING/CROCHETING GROUP**

**Thursday, June 28 - 1:00 - 3:00 -**

**Classroom B**

See all the details on pg. 11.

## SENIOR GAMES

### SILVERARTS



SilverArts provides a stage for the creative talents of visual, heritage, literary and performing artists 55 and older.



Categories include knitting, crocheting, painting, quilting, woodworking, pottery, photography, poems, short stories, and much more. If you can sing, dance, tell a funny story, read a poem, perform a dramatic reading or skit, we need you for the Performing Arts section of SilverArts.

Staff Member Ina Beavers is available to help you develop your performance and get you ready for the "Big Night". Just call for an appointment.

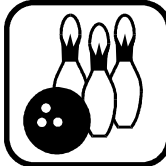
*Please note that all SilverArts entries must be the original work of the artist, and all pieces must have been completed within two years of the date of entry.*



### SENIOR GAMES

Senior Games offers competitive and non-competitive sports events for seniors 55 and

older. Various games offered include horseshoes, basketball, bocce, tennis, golf, bowling, ping pong, etc.



Consider becoming part of this fun-filled program. You compete in your own age & sex categories within five year increments. One small participation fee covers competition in all SilverArts events, most Senior Games events, as well as opening and closing ceremony events and meals. You also get a great souvenir t-shirt. SilverArts & Senior Games are co-sponsored by Davie Co. Senior Services and Mocksville/Davie Parks & Rec.

## ONGOING ACTIVITIES - MOCKSVILLE SITE



## Arts & Crafts

### QUILTING

**Each Monday - 10:00am - 12:00pm**

**- Classrooms A & B**

Join this talented group who loves to quilt. Bring your supplies and work with, and learn from, other quilters. No instruction is provided. This is an intergenerational program.

### DAVIE CO. QUILT GUILD

**3rd Monday of each month at 6:30pm**

**- (April 16, May 21, June 18)**

**- Multipurpose Rooms A & B**

**President: Imogene Stroud**

**Membership Dues: \$20.00 year**

Monthly meetings may include show & tell, demonstrations, guest speakers, or work sessions. Senior Services is a co-sponsor of this group. For detailed information, please call the group leader (call for number).

### ART - STILL LIFE & LANDSCAPES

**Mondays - 9:00am - 12:00noon**

**- Multipurpose Room B**

**Instructor: Annette Ratledge**

**Cost: Furnish your supplies**

Classes will run each Monday, and students can start at any time. Annette will work one on one to get students started. **Beginners need to come to the first class before buying supplies.** Open to adults 55 & older.

### SCRAPBOOKING

**2nd Tuesday of each month - 2:00pm**

**- Classroom B - (April 10, May 8, June 12)**

**Group Leader: Barbara Thornton**

**Cost: Free**

Bring your supplies & your current projects & "scrap" with friends. Barbara & other participants can help with ideas and techniques if needed. Special programs and field trips are sometimes held. This is an intergenerational program.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## **WOODCARVING**

**Wednesdays - 9am - 11am - Classroom A**

**Facilitator - Tim Trudgeon**

**Cost: Free**

Expert woodcarver Tim Trudgeon will be here each Wednesday. Anyone with an interest in carving is invited to get together with him at that time. All levels are welcome - beginner to advanced. You may come as often as you wish, but please call before attending your first session. Open to adults of any age.

## **TATTING**

**Wednesdays - 1:00 - 3:00pm - Classroom B**

**Cost - Free**

Join this group who loves to tat. Bring your supplies and work with, and learn from, other tatters. This includes shuttle tatting and needle tatting. No formal instruction is provided.

## **KNITTING/CROCHETING GROUP**

**2nd & 4th Thursdays of each month - 1:00pm - 3:00pm - Classroom B**

All knitters and crocheters are invited to join this group. Twice a month they will get together to make afghans for service organizations in Davie County. If you do not knit or crochet, you may help the group join squares together. Donations of yarn are also appreciated.



## **Computer Lab & Classes**

Ten computers are available during normal operating hours when there is not a meeting or class in progress. Users must be 55 or older and sign a user form. Call ahead to make sure the lab is available or just drop in to take advantage of this room.

### **UPCOMING COMPUTER CLASSES:**

**Instructor: Jackie Allen**

**Cost: Free**

**Register by: No later than 1 week prior to 1st day of class (Note - classes fill quickly, so you may want to register early)**

**Class Size: Limited to 10 students**

## **COMPUTER BASICS**

This class is for those of you who have never used a computer before. You'll learn the basics such as how to turn it on & off, how to use the mouse & the keyboard, etc. *This class is 3 days.*

### **Computer Basics Upcoming Sessions:**

- May 11, 14 & 15 (Fri., Mon. & Tues.) - 10am - 12:00noon - Media Room
- May 21, 22 & 23 (Mon., Tues., & Wed.) - 6:00pm - 8:00pm - Media Room

## **BEGINNING COMPUTERS**

This class is suitable for those who have very little knowledge of computers, but do know how to use the mouse/keyboard. We will discuss the parts of the computer and what to look at when purchasing a computer. Also we will spend time on the Internet, making sure you know how to go directly to a web site. We will also become familiar with the layout of Microsoft Word. *This is a 4 day class and is intended for those with mouse/keyboard skills.*

### **Upcoming Sessions:**

- May 21, 22, 23 & 24 (Mon., Tues., Wed. & Thurs.) - 10:00am - 1:00pm - Media Room
- May 24, 29, 30 & 31 (Thurs., Tues., Wed., & Thurs.) - 5:00pm - 8:00pm)

## **MICROSOFT WORD 2007 LEVEL 1**

This class continues from Beginning Computers. We will learn more advanced editing options, including different ways to select text, working with the many icons on the formatting toolbar and how this can make your document easier to read, working with the options in the page setup dialog box, for example margins and orientation of paper. We will also work some with graphics. *This class is 3 days and is intended for students who are familiar with creating/saving a document and basic editing techniques (bold, alignments, cut/copy, paste and how to use delete & backspace keys).*

### **Upcoming sessions:**

- May 11, 14 & 15 (Fri., Mon. & Tues.) - 1:00pm - 3:00pm - Media Room
- June 4, 5 & 7 (Mon., Tues., Thurs.) - 6:00pm - 8:00pm - Media Room

## ONGOING ACTIVITIES - MOCKSVILLE SITE

### **MICROSOFT WORD 2007 LEVEL 2**

This picks up from the Level 1 class. We will look at when and how to use tables and clipart. We will review basic formatting that was discussed in Level 1 to enhance the table/clipart as well as reviewing formatting options. *Word Level 1 is required prior to this class. This class is 3 days.*

#### **Upcoming Sessions:**

- May 29, 30 & 31 (Tues., Wed. & Thurs.) - 10:00am - 12:00noon
- June 19, 20 & 21 (Tues., Wed., & Thurs.) - 6:00pm - 8:00pm

### **WORD LEVEL 2 REFRESHER COURSE**

This is a one day course that gives you a refresher in some areas that you may not use frequently. We will be reviewing how to use graphics in documents in particular. *This class is 1 day. Word Levels 1 & 2 is required before taking this course.*

#### **Upcoming Session:**

- April 19 (Thursday) - 1:00pm - 3:00pm

### **MICROSOFT EXCEL 2007 LEVEL 1**

You will learn how Excel works & the basics of using this program including: how to maneuver around the spreadsheet, how to type in cells, and basic editing techniques. *This class is 3 days & is intended for students who have taken Beginning Comp. or have acquired those skills.*

#### **Upcoming Session:**

- May 21, 22 & 23 (Mon., Tues., Wed.) - 1:00 - 3:00pm - Media Room

### **MICROSOFT EXCEL 2007 LEVEL 2**

This continues from the Excel Level 1 class. You will learn new features to enhance the spreadsheet by using a basic list of addresses, a budget, and how to sort or filter information so it can be best understood. After completing this class you'll be able to set up a budget to track your expenses, create a checking account, type addresses or track your eBay expenses or purchases. *Excel Level 1 is required prior to this class. This class is 3 days.*

#### **Upcoming Session:**

- June 12, 13 & 14 (Tues., Wed., & Thurs. - 10:00am - 12:00noon - Media Room

### **MICROSOFT POWERPOINT 2007 LEVEL 1**

This is a presentation software program. You may have seen it used in churches or meetings to show information on a big screen. This class is to get you familiar with the layout. We will create very basic presentations and bring in a lot of features already learned in previous Word classes. *Word Levels 1-3 is recommended prior to this class. This class is 3 days.*

#### **Upcoming Session:**

- May 29, 30 & 31 (Tues., Wed. & Thurs.) - 1:00pm - 3:00pm - Media Room

### **MICROSOFT POWERPOINT 2007 LEVEL 2**

We will enhance skills learned in Level 1. We will concentrate on images and how to recolor a portion of the clipart image. You'll learn to incorporate your notes onto the actual slide & print out slides to use as handouts. *This class is 3 days and is intended for those who have completed PowerPoint Level 1.*

#### **Upcoming Session:**

- June 12, 13 & 14 (Tues., Wed. & Thurs.) - 1:00pm - 3:00pm - Media Room

### **WINDOWS COMPONENTS LEVEL 1**

This class will review some software that comes with your computer - Disk Defragmenter, Scandisk, Paint, Disk Clean-Up, Sound Recorder and Windows Media Player. These should be on all Windows Operating Systems. We will show you how to use these programs more efficiently instead of purchasing another software program that may do the same thing. *Beginning Computers is recommended prior to this class. This class is 2 days.*

#### **Upcoming Sessions:**

- April 2 & 3 (Mon. & Tues.) - 6:00 - 8:00pm - Media Room
- June 19 & 20 (Tues. & Wed.) - 1:00 - 3:00pm - Media Room

## ONGOING ACTIVITIES - MOCKSVILLE SITE

### WINDOWS MOVIE MAKER

This program allows you to incorporate your pictures and camcorder video into a movie. Then you will finalize the movie to publish it onto a CD and send out to your friends and family. If you have Windows XP, Vista or 7 this program should be on your computer already. *Word Level 2 is recommended for this class. Prior knowledge will enhance your ability to understand the concepts quickly. This class is 3 days.*

#### Upcoming Session:

- June 12, 13 & 14 (Tues., Wed., Thurs.) - 3:00pm - 5:00pm - Media Room

### FILE MANAGEMENT LEVEL 1

You'll learn how to save files in several formats (what if the person you are sending a document to only has WordPerfect and not Word), how to save to several devices, make folders & rename them, search for those files that are somewhere on your computer & how to copy or move files for back up or deletion. *This class is 3 days.*

#### Upcoming Session:

- June 19, 20 & 21 (Tues., Wed. & Thurs.) - 10:00am - 12:00noon - Media Room

### EMAIL LEVEL 1

This is a way to communicate electronically. Learn the proper way to send an email and to include attachments. Learn how a virus and/or spyware impacts sending/receiving emails. Contact your internet provider to find out how you can access your account outside of your home. You will need your login name and password. If you do not have an email address we can set one up for you using a free email service. You will need to come in 15 minutes early the first day so we can set this up before class begins. *This class is 3 days & is intended for students who have a basic understanding of computers. Mouse & keyboard skills required.*

#### Upcoming Sessions:

- April 24, 26, 27 (Tues., Thurs. & Fri.) - 1:00pm - 3:00pm - Media Room



## Dance

### BALLROOM/SOCIAL DANCING - NEW!

**Wednesdays, starting April 4 - 6:00pm - MP Room B**

**Cost: Free**

If you enjoy dancing, come join this fun group. A group of dancers will get together every Wednesday night to practice ballroom dancing and shagging. There is no instruction provided. You would need to bring a partner with you. Open to adults 55 and older and exceptions under the general participation policy.



## Drop In Activities

**Senior Services invites you to drop by anytime to take advantage of the following:**

- |                |                   |
|----------------|-------------------|
| * Board Games  | * Music           |
| * Books        | * Newspapers      |
| * Cards        | * Ping Pong Table |
| * Checkers     | * Puzzles         |
| * Chess        | * Scales          |
| * Computer Lab | * Shredder        |
| * Fitness Room | * Videos          |
| * Magazines    | * Wii             |

Items are available as long as an activity is not occurring in the room they are located in. For any questions concerning availability of drop in items, please call ahead.

## Exercise



### SILVERHEALTH

**Mondays, Wednesdays & Fridays - 8:30 - 9:00am - Exercise Room**

**Instructor: Ina Beavers, Program Coord.**

**Cost: Free**

If you are looking for a beginner class, this is for you. This class works with hand weights and resistance bands and focuses on toning - especially those important core muscles. Stay for the Morning Wake Up Program if you desire a more intense workout or leave at 9:00 if you prefer a shorter program. Open to adults 55 & older and exceptions under the general participation policy.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## **MORNING WAKE UP PROGRAM**

**Mondays, Wednesdays & Fridays - 9:00 - 9:30am - Exercise Room**

**Instructor: Ina Beavers, Program & Outreach Coordinator**

This class is a continuation of the SilverHealth program. Come at 8:30 for stretching and toning and stay for this class for 30 minutes of cardio movement. This class builds upon SilverHealth & is designed to be done together with SilverHealth. Open to adults 55 & older and exceptions under the general participation policy.

## **YOGA FOR SENIORS**

**Mondays & Wednesdays - April 2 - June 27 - Exercise Room**

**Instructor: Kim Crawford**

**3 CLASSES TO CHOOSE FROM:**

**1:00 - 2:00pm**

**2:00 - 3:00pm**

**3:00 - 4:00pm**

**Cost: Free (Donations to Senior Services are appreciated)**

**Limited to first 12 per session who register**

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins March 14 at 8:00am. You may only sign up for 1 yoga session per quarter.**

## **YOGA FOR SENIORS**

**Wednesdays & Fridays - April 4 - June 29 - 10:00am - 11:00am - Exercise Room**

**Instructor: Valerie Slogick**

**Cost: Free (Donations to Senior Services are appreciated)**

**Limit to the first 12 who register**

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for this session begins March 14 at 8:00am. You may only sign up for 1 yoga session per quarter.**



## **TAI CHI**

**Tuesdays - 10:00 - 11:00am - Exercise Room**

**Session Dates: April 10 - June 12**

**Instructor: Mike DePeuw, Beach 'n' Tans**

**Cost: Free (donations to Senior Services are appreciated)**

**RSVP deadline April 3 (or when filled - limited to 15)**

This class is wonderful for seniors. It helps improve balance, lower blood pressure & can help those with arthritis. These slow, gentle motions are easy to learn for all fitness levels. Open to adults 55 & older. Classes build upon one another and therefore students cannot join more than two weeks into the 10 week session.

## **DANCE PARTY AEROBICS**

**Tuesdays & Thursdays - 5:30 - 6:30pm**

**Instructor: Lorri Carlton**

**Cost: Free (donations to Senior Services are appreciated)**

This class is designed to get you up and moving! These moves are inspired by Latin dance steps and will help you have fun while increasing your heart rate and burning calories. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

## **ARTHRITIC EXERCISE**

**Every other Wednesday - 10:45 - 11:15am - Multipurpose Room A**

**Instructor: Nancy Luckey**

This class focuses specifically on adults with arthritis, working mainly on flexibility. Other beginner exercisers may also benefit. Open to adults 55 & older and exceptions under the general participation policy.

## **LOW IMPACT AEROBICS**

**Wednesdays & Fridays - 11:00am - 12:00 noon - Exercise Room**

**Instructor: Lorri Carlton**

**Cost: Free (donations to Senior Services are appreciated)**

This is a low impact, low intensity aerobics

## ONGOING ACTIVITIES - MOCKSVILLE SITE

workout that uses simple patterns. Classes include basic strength exercises, abdominal strengthening and ends with a stretching session. Class is ideal for beginners or active older adults, but can be modified for all levels. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.



### **BOWLING LEAGUE**

**Mondays - 8:30am - depart from**

**Rec. Dept.**

**Cost: \$6.00 per session (3 games)**

Our bowlers will be starting another session soon. Regular bowlers & substitutes are welcomed.

### **WALKING**

**Weekdays - 6:30 - 9:00am - Parks & Rec.**

The gym at Parks & Rec. is open each weekday morning for seniors to walk. Don't forget to record your mileage & sign up for our Destination Fitness program to earn great incentives. For more info. on walking availability call Parks & Rec. at 751-2325.

### **FITNESS ROOM**

**Mon - Thurs - 8:00am - 8:00pm**

**Fri - 8:00am - 5:00pm**

**Sat. - 9:00am - 1:00pm**

**Cost: Free (donations are appreciated)**

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come first serve basis. Training is required prior to the first time using equipment. Each 15 minutes of exercise counts toward 1 mile in the Destination Fitness program. **Please call for an appointment for training.**



## Games

### **Wii GAMES**

**Time: Drop In Whenever Room is Available - Exercise Classroom**

In these video games you actually do the moves - swing the tennis racket, the baseball bat, the golf club, etc. If you need help, simply make an appointment with a staff member & they can give you a short orientation session. Wii is available on a drop in basis whenever the room is not being used for classes. Call if you have a question regarding availability.

Available games include:

- |             |                     |
|-------------|---------------------|
| * Golf      | * Fishing           |
| * Tennis    | * Shooting Range    |
| * Boxing    | * Billiards         |
| * Baseball  | * Big Brain Academy |
| * Ping Pong | * Many, many more   |

### **PING PONG**

Our ping pong table is available on a drop in basis whenever the room is available. Call ahead if you have a question regarding availability.

### **SCRABBLE**

**Mondays - 1:00pm - Classroom B**

Strengthen your vocabulary & have fun with this classic game. Any number can play. Open to adults 55 & older and exceptions under the general participation policy.

### **SKIPBO**

**Every Wednesday - 1:00pm - Classroom A**

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. Open to adults 55 & older and exceptions under the general participation policy.

### **DUPLICATE BRIDGE**

**Wednesdays - 2:00 - 5:30pm - Multipurpose Room A**

Bring a partner and join this group for duplicate bridge. Open to adults 55 & older & exceptions under the general participation policy. Alternates may be under age 55.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## **TEXAS HOLD EM**

**Thursdays - 1:00pm - Classroom A**

This poker game is sweeping the nation & is for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcomed. Open to adults 55 & older & exceptions under the general participation policy.

## **BRIDGE**

**Fridays - 2pm - Classroom A**

Bring some friends to play this timeless game. A foursome is required. If you are interested in playing but need to be placed with a group, please call Beth Haire at Senior Services. Open to adults 55 & older and exceptions under the general participation policy. Alternates may be under age 55.



## **Health & Wellness**

## **DESTINATION FITNESS TESTING**

**3rd Monday of each month - 9:30 - 11:00am**

**- Exercise Room - By appointment only  
- (April 16, May 21, June 18)**

**Tester: YMCA or Sr. Services rep.**

If you want to participate in the Destination Fitness Program, you need to participate in this testing. Please call for appointment.



## **ASK THE DOCTOR**

**1st Monday of each month - 10:45 am  
- MP Room A (April 2, May 7 & June 4)**

**Cost - Free**

Dr. Kimberly is here the first Monday of each month to answer your questions. Although this is no substitute for a doctor's visit, it is a great opportunity to ask about those issues that have been on your mind. You'll also benefit from hearing other questions asked & answered as well. Open to adults 55 & older and exceptions under the general participation policy.

## **BLOOD PRESSURE SCREENINGS**

**1st Tuesday of each month - 10:45am -  
MP Room A - (April 3, May 1, June 5)**

**Tester: Davie County Home Health RN**

**Cost: Free**

A trained professional will take your blood pressure at no charge.



## **PODIATRIST VISITS**

**THURSDAYS - EVERY 3 WEEKS -**

**Call for current dates**

**8:30 - 10:00am - Classroom B**

**Cost: Usually Private Pay**

Dr. Grady Dunn, podiatrist in Forsyth Co. brings his services to Senior Services every 3 weeks. Call Senior Services for current dates. Call Dr. Dunn's office directly at 768-9180 for more information on services and charges.

## **MASSAGE THERAPY**

**1st Tuesday of each month - 1:00 - 4:00pm**

**3rd Tuesday of each month - 9:30am -**

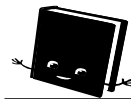
**4:00pm - by appointment only -**

**Classroom B - April 3 & 17, May 1 & 15, June 5 & 19**

**Massage Therapist : Tammy Hauser  
License #5815**

**Cost: \$30.00 for 30 minute massage**

Massage is a wonderful way to relax & it provides health benefits as well. Ms. Hauser will be here twice a month to offer massages customized to the client. Payment will be made at time of visit & will be collected by Ms. Hauser. After 2 missed visits, you will no longer be allowed to make appointments. Clients must be 55 or older. If appointments remain open the day before her visit, those under 55 may fill those slots. Massages will be offered on a table or in a chair. Let us know which you prefer.



## ***Literary Arts***

## **SENIOR BOOK CLUB - NEW TIME!!**

**3rd Tuesday of each month - 1:30 - 3:00pm**

**- Classroom A**

**April 17 - "Olive Kitteridge" by Elizabeth Strout**

**May 15 - "Master and the Margarita" by Mikhail Bulgakov**

**June 19 - "Mountains Beyond Mountains" by Tracy Kidder**

**Leader: Genny Hinkle - Davie Co. Library**



## ONGOING ACTIVITIES - MOCKSVILLE SITE

At each meeting you will discuss the book that was read the month before & receive the new book to read. Books are provided at no charge. You must turn in your book on or before the meeting date so we can continue to get the books at no charge. Co-sponsored with Davie Co. Public Library. Open to adults 55 & older and exceptions under the general participation policy.

### LIBRARY

We accept donations of recently published books in good condition. These may be checked out at the front desk. Because of space constraints, please limit donations to recent publications (within the past 5 years). Hardbacks are preferred. We will donate any books we cannot use to another organization.



## Lunch

**Mondays - Wednesdays - 11:30am**

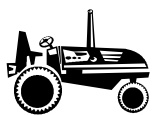
**Thursdays & Fridays - 11:00am - MP Room A**

**Staff Contact: Nancy Luckey, Nutrition Program Coordinator**

**Cost: Free, donations appreciated**

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$4.76. A program is offered each day at 10:45am before lunch. You must call by noon the day before you plan to eat to order a meal.

## *Special Interest*



### PIEDMONT POWER ASSOCIATION

**1st Mon. of each month - 7:00pm - Multipurpose Room B**

**(April 2, May 7 & June 4)**

**President: Arthur Bostick**

**Annual Dues: \$20.00**

This group loves old tractors. If you do too, why not join them? Monthly meetings include dinner and a program. Senior Services is a co-sponsor of this group. For specific information please call the group leader (call for number).

### SENIOR SERVICES ADVISORY COUNCIL

**4th Tuesday of every other month - 3:00pm - Media Room (May 22)**

**Staff Contact: Kim Shuskey, Director**

This is a volunteer group appointed by Davie Co. Commissioners to help Senior Services plan, set goals and fundraise. If you are interested in serving, please contact Kim Shuskey. Meetings are open to the public.



## Stage, Screen & Music

### DAVIE COUNTY SINGING SENIORS

**Each Thursday - 10:00am - Multipurpose Room B (Jan. - June/Sept. - Dec.)**

**Chorus Director: Marie Roth**

**Annual Dues: \$10.00**

If you love to sing, why not join this fun group? The chorus practices each week and performs at churches, civic clubs, nursing homes & community events. Open to adults 55 & older.

### HANDBELLS

**1st Friday each month - 10:00am -**

**MP Room B (No meeting in April due to Holiday, May 4, June 1)**

**Staff Contact: Kim Shuskey, Director**

Join this group who have fun learning an easy version of handbells that combines bell ringing with full background music. No prior music experience is necessary to participate. Please call before you come the first time. Open to adults 55 & older and exceptions under the general participation policy.

### THEATRE CLUB

**4th Tues. each month - 1pm - Classroom B (April 24, May 22, June 26)**

**Staff Contact: Barbara Thornton, Senior Center Aide**

This group meets once a month to discuss various theatrical options in the area and to choose different plays and performances to attend as a group. Each person pays for their ticket. Open to adults 55 & older and exceptions under the general participation policy.

## OTHER ONGOING PROGRAMS & SERVICES



### Destination Fitness!

This joint effort between Senior Services, Parks & Rec., Davie Family YMCA & the Davie Co. Hospital rewards exercise. Each quarter there is a destination that you strive to reach. You keep track of the number of miles you walk & the number of approved exercise classes in which you participate. At the end of each quarter all participants are invited to a breakfast and those who have met their miles will receive a special prize. To participate, you need to fill out a participation form & complete a pre-program evaluation which will consist of a short survey & a few measurements. Follow up tests will be conducted every 6 months to help you see how your exercise program is benefiting you. In addition to the exercise programs, educational seminars will be offered & each quarter participants will receive a chance for a special prize based on attendance at these seminars. For complete information and forms, contact a staff member. **Testing dates will be the 3rd Mon. of each month at the Mocksville Site from 9:30 - 11:00am.**



### Financial Support

Davie County Senior Services is committed to bringing quality programs & services to older adults in our county, most at no charge. To do this, donations are needed and appreciated. Individuals & organizations can contribute to the following areas:

- **General Support** - for the general operating expenses of Senior Services
  - **Homebound Meals (Meals on Wheels)** - to provide meals to a senior who cannot cook for themselves and cannot come to the lunch program at the center
  - **Endowment Fund** - to provide permanent financial support for programs & services
- There are also many options available to give to Senior Services through your will. Please contact us for more information about planned giving. **Donations are tax deductible.**

## Services



**STAFF CONTACT FOR ALL SERVICES IS KELLY SLOAN, COMMUNITY RESOURCE SPECIALIST, UNLESS INDICATED OTHERWISE.**

### BUDDY PROGRAM

**Staff Contact:** Mitzi Hunter, Morning Receptionist

**Cost:** Free

If you are new to Senior Services and are unsure of attending your first event alone, this program is for you. We match volunteers with participants who are new to Senior Services. They meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes". To request a buddy for a special event, please let us know when you sign up for the event.

### CAREGIVING CLASSES & RESOURCE CENTER

**Cost:** Free

Our Resource Specialist can meet with you individually or as a group to provide training to help you become a better caregiver. Various topics are available. In addition, materials of interest to caregivers - videos, books, pamphlets - are available to check out at the Mocksville site of Senior Services. Open to any age.

### CAREGIVER SUPPORT PROGRAM

**Cost:** Free, donations appreciated

This program can provide a trained worker to stay with your loved one while you get a break to run errands, go to a movie - whatever you need to do. We can also provide free nutritional supplements such as Boost or Ensure and incontinence supplies such as Depends. To qualify you must be providing care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or have Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

## OTHER ONGOING PROGRAMS & SERVICES

### **ENSURE PROGRAM**

**Cost: Free, donations appreciated**

This program provides free nutritional supplements such as Ensure to seniors whose doctors prescribe supplementation. Qualifying seniors must be an existing nutrition client or 60 or older and unable to tolerate solid foods. Call for appointment for an assessment. Home visits can be arranged.

### **FIDGET APRONS**

**Cost: Free**

These aprons provide those with Alzheimer's or other forms of dementia something to keep their hands busy, which can help reduce agitation and wandering. They are made by volunteers and are provided free of charge to anyone who can use one.

### **FRIENDLY VISITOR**

**Cost: Free**

This program matches up volunteers who agree to visit socially isolated seniors on a regular basis. One hour visits every other week with a phone call the week in between are required of the program. More visits are encouraged.

### **HANDMADE PERSONAL ITEMS**

**Cost: Free, donations appreciated**

Senior Services has access to handmade items for those in wheelchairs and walkers. Items include pillows, walker aprons and lap blankets. If you or someone you know can benefit from these items, please call our Resource Specialist.

### **HOMEBOUND MEALS**

**Cost: Free, donations appreciated**

Homebound meals provides a nutritionally balanced meal to homebound seniors 5 days a week. For those who can benefit, frozen weekend meals are also available. To qualify, one must be 60 or older & unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.



### **INFORMATION & ASSISTANCE**

Our Resource Specialist can answer questions and assist seniors, family members and caregivers of any age in obtaining a wide variety of information and services for seniors. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

### **JOB MATCH**

**Staff Contact: Barbara Thornton, Senior Center Aide**

If you are a senior interested in work, fill out a JobMatch application. When we receive a call from someone who needs that type of work, we will give them your information. Senior Services only provides potential employers with names - no references, recommendations or hiring decisions are made by us. Pay rate is between the employer & employee.

### **LEARN TO READ**

**Cost: Free**

A retired school teacher has volunteered to teach those 55 and older to read at Senior Services. If you are interested in this service please call Senior Services for all the details. Instruction will be provided one on one. You must be 55 or older to qualify.

### **LEGAL AIDE**

**Cost: Free, donations appreciated**

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney and a living will. You must make an appointment with us prior to seeing the attorney. We can not pay bills that you have already received. Call for an appointment.

### **NOTARY SERVICE**

**Staff Contact: Beth Haire, Adm. Assistant or Ina Beavers, Prog. & Outreach Coordinator**

**Cost: Free**

**Time: By appointment only**

We will provide free notary services to those 55

## OTHER ONGOING PROGRAMS & SERVICES

and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

### **REVERSE MORTGAGE COUNSELING**

**Time: By appointment only**

See information under Senior Financial Care.

### **SENIOR FINANCIAL CARE**

**1st Tuesday of each month - 8:30am - 4:30pm - Media Room**

**Cost: \$10 for first visit - Subsequent visits based on a sliding scale (Fees may be waived if unable to pay)**

Senior Financial Care is a program of Consumer Credit Counseling Service of Forsyth County. They provide personal budgeting & monthly expense management, credit and debt repayment counseling, reverse mortgage counseling, and fraud awareness and prevention counseling. For more information you may call them directly at 336-896-1328.

### **SHIIP - (Seniors' Health Insurance Information Program)**

**Staff Contact: Mitzi Hunter, SHIIP Coordinator**

**Cost: Free**

**Time: Wednesday afternoons by appointment (other times can be arranged if necessary)**

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program. Available to any age person on Medicare.

### **SHREDDER**

**(Available at Mocksville Site)**

Don't throw documents containing personal information in the trash & risk having someone steal your identity. Instead bring your items here where we can shred them for you. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.



### **VIAL OF LIFE**

**Cost: Free**

This program allows you to record your medical history and medications on a form which is placed in a bottle in your refrigerator. A sticker on your door alerts EMS that this information is there in case they respond to your home in an emergency. Co-sponsored with Davie Co. Healthy Carolinians. Available to all ages.

### **VIDEO EYE**

**(Available at Mocksville Site)**

The Video Eye is a low vision reading machine that uses a camera to magnify text and objects onto a computer monitor for easier viewing. This machine can help with reading, writing and hobbies like needlework and crossword puzzles. The machine is available anytime there is a free room.



## Support Groups

### **ALZHEIMER'S SUPPORT GROUP**

**2nd Tuesday of each month - 6:30pm -**

**Classroom B - (April 10, May 8, June 12)**

**Facilitator: Kelly Sloan, Community Resource Specialist**

This group is open to adults of any age. It is intended for those caring for a loved one with Alzheimer's or other dementia but is open to any caregiver that can benefit. Meetings may consist of sharing time and/or guest speakers. This group is offered in conjunction with the Alzheimer's Association.



## Trips - Day

Transportation can be provided to the 1st 24 who sign up. **There is a \$5.00 charge for transportation for each trip, due upon sign up.**

**\$5.00 fee is non-refundable if you cancel.**

**Each person going on a trip must sign up in person at either the Mocksville or Farmington site.** All participants buy their own lunch.

If trip is canceled due to weather or other unforeseen circumstance, money will be refunded. See staff for complete trip rules.

## OTHER ONGOING PROGRAMS & SERVICES

### **APRIL 3 – PAUL J. CIENER BOTANICAL GARDEN, KERNERSVILLE, NC**

**Tuesday, April 5 - Departure time 8:45am,**

**Return approximately 3:00pm**

**Cost: \$5.00 for transportation**

**Money for lunch**

This treasure features 10 gardens, showcasing 1000 different kinds of plants, including a perennial border, the largest Spring flowering bulb display in the Piedmont and a kitchen garden. Sign up starts February 15.

### **MAY 1 - BARN QUILT TRAILS TOUR - DAVIE & IREDELL COUNTIES**

**Tuesday, May 1 - Departure time 9:00am,**

**Return approximately 3:00pm**

**Cost: \$5.00 for transportation**

**\$5.00 for tour**

**Money for lunch**

**Narrator: Cora Ellen Stroud**

**DUE TO NATURE OF TRIP THIS TRIP WILL BE LIMITED TO 16 PARTICIPANTS.**

We will leave Senior Services and visit various barns in Davie County. We will stop at "Taproot Artisans" in Harmony. Cora will give a talk on how the quilt patterns are assembled and painted. We will have refreshments at the store and then move on to visit more barns on the trail in Iredell County. Our last stop will be Holton's Dairy in Cool Springs where cheese is produced. We will have a late lunch on the way back. Sign up starts March 15.

### **JUNE 5 – OLD CAROLINA BRICK COMPANY, SALISBURY, NC**

**Tuesday, June 5 - Departure time 9:30am,**

**Return approximately 2:00pm**

**Cost: \$5.00 for transportation**

**Money for lunch**

We will tour this company that hand moulds each brick in the colonial tradition of craftsmanship and lasting beauty. We will stop for lunch at the Farmhouse in Salisbury. Sign up starts April 13.

### **JULY 3 - BELMONT ABBEY, BELMONT, NC**

**Tuesday, July 3 - Departure time 8:30am,**

**Return approximately 3:00pm**

**Cost: \$5.00 for transportation**

**Money for lunch**

The church at Belmont Abbey was once the only abbey cathedral in the nation. Located on the 650-acre campus of Belmont Abbey College, its beautiful painted glass windows won 4 gold medals at the Columbian Exposition in the 1892 World's Fair. We will tour this treasure, which is listed on the National Register of Historical Places, stopping for lunch in Belmont. Sign up starts May 15.



## **Trips - Other**

### **WOHLFAHRT HAUS DINNER THEATRE, WYTHEVILLE, VA**

**Wednesday, June 13 - Depart at 8:45am,**

**Return approximately 7:00pm**

**Cost: \$45.00 for transportation, show, lunch, tax & gratuity**

Wohlfahrt Haus is a state of the art German-themed dinner theatre nestled in the beautiful Appalachian mountains of southwest Virginia. We will travel there to see "Oklahoma". This Rodgers and Hammerstein classic musical, considered by some to be the best musical of the 20th century, tells the story of the high-spirited rivalry between the local farmers and cowboys and the love story of Curly and Laurey. It features some of the all-time favorites of Broadway.

**Full payment is due at time of sign up.**

**In-person sign up not required for dinner theatre trip. Space is limited to 34 people.**

**Deadline for registration is June 1.**



### **DON'T MISS OUR OTHER TRIPS IN THIS NEWSLETTER:**

- Singles Dinner - April 24
  - Winston Salem Dash Game - April 25
- See all the details on pages 4 & 5.**

## OTHER ONGOING PROGRAMS & SERVICES



### Volunteer Opportunities

All Senior Services volunteers receive training & orientation before beginning any assignment. Training varies with each opportunity. Generally volunteers should be 18 years of age or older. Younger volunteers should be accompanied by a parent or guardian. Each volunteer will receive a job description & a handbook. Volunteers are recognized each year at our Appreciation Dinner.

#### **BUDDY PROGRAM**

**Staff Contact: Mitzi Hunter, Morning Receptionist**

This program matches volunteers with participants who are new to Senior Services. They will meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes".

#### **CLASS INSTRUCTORS**

**Staff Contact: Kim Shuskey, Director**

In an effort to bring new offerings to the seniors of our county, we are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors can be compensated for their time if needed.

#### **FUNDRAISING COMMITTEE**

**Staff Contact: Kim Shuskey, Director**

This newly formed committee will assist with fundraising projects for Senior Services throughout the year. If you are interested in serving, call to find out when the next meeting is scheduled.

#### **FRIENDLY VISITORS**

**Staff Contact: Kelly Sloan, Community Resource Specialist**

Our Friendly Visitor program matches up volunteers who agree to visit socially isolated seniors on a regular basis. One hour visits every other week & a phone call the week between are required. More visits encouraged.

#### **FRONT DESK VOLUNTEERS**

**Staff Contact: Kim Shuskey, Director**

Volunteers are used for afternoons at the front desk. Volunteers greet visitors as they come in, ensure guests are signed in and directed to the appropriate room, register seniors for upcoming events, and may perform some office work.

#### **HOMEBOUND MEAL DRIVERS**

**Staff Contact: Nancy Luckey, Nutrition Program Coordinator**

Drivers deliver meals to homebound seniors. It takes approximately 1 1/2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid.

#### **OFFICE HELP**

**Staff Contact: Beth Haire, Adm. Asst.**

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

#### **SHIIP (Seniors' Health Insurance Information Program)**

**Staff Contact: Mitzi Hunter, SHIIP Coordinator**

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

#### **SPECIAL EVENT ASSISTANCE**

**Staff Contact: Ina Beavers, Program & Outreach Coordinator**

From time to time Senior Services needs assistance in putting on events. From food preparation to decorating - there are many ways to help. Photographers & Videographers are also always needed at events.

#### **TAX AIDE VOLUNTEERS**

**Staff Contact: Kim Shuskey, Director**

Tax-Aide Counselors complete 30 hours of training. Interested individuals should have some knowledge of the IRS tax code (gained by preparing your own returns previously or prior employment with a tax service), computer skills, and enjoy working with people.

## CLASSES & ACTIVITIES - FARMINGTON SITE

Our Farmington site is located in the  
Farmington Community Center,  
1723 Farmington Rd. Hours are  
Monday - Friday 10:00am - 1:00pm.  
Phone number is 998-3730.



### Ongoing Activities

#### TRAVEL TIME

**Every 2nd Monday - 10:30am (April 9, May 14, June 11)**

Each month someone will share their travel experiences with the group. This is as good as going there, without the expense of the gas!!

#### GARDENING

**Tuesdays & Thursdays - 10am (In Season)**

If you have a green thumb, why not help out in the garden? Gardening tools are available, or you can bring your own.

#### MUSIC WITH CAROLYN

**Every 1st Tuesday - 10:30am (April 3, May 1, June 5)**

Carolyn Smith will entertain us the first Tuesday of each month with music.

#### BLOOD PRESSURE SCREENINGS

**Every 3rd Wednesday - 10:30am  
(April 18, May 16, June 20)**

A trained professional will take your blood pressure at no charge.

#### CRAFTS WITH KAY

**Last Wednesday of each Month - 10:30am  
(April 25, May 30, June 27)**

**Cost: Free**

Each month Kay Kilby will present a new craft. This is a great chance to learn some new skills.

#### GAMES

**Every Friday - 10:30am**

We bring out the cards each Friday for some fun and friendly competition. There are a variety of card games from which to choose.

#### LUNCH

**Monday - Friday - 11:30am**

**Staff Contact: Janet Ball, Nutrition Site Manager**

**Cost: Free, donations appreciated**

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$4.76. A program is offered each day at 10:30am before lunch. You must call by noon the day before you plan to eat to order a meal.



### Special Events

#### EASTER CELEBRATION

**Thursday, April 5 - 10:30am**

**RSVP by March 30**

We will celebrate Easter with some fun activities and refreshments.

**Limited to the first 25 to register.**

#### CONSUMER AWARENESS

**Wednesday, April 11 - 10:30am**

**RSVP by April 4**

**Speaker: Jami Lawhon, NC Cooperative Extension, Davie Office**

Ms. Lawhon will give us information about food and product recalls and consumer reports.

**Limited to the first 25 to register.**

#### MOVIE - "COURAGEOUS"

**Thursday, April 19 - 10:15am -**

**NOTE CHANGE IN TIME**

**RSVP by April 12**

When a tragedy strikes close to home, four police officers struggle with their faith and their roles as husbands and fathers. This movie is rated PG-13 for some violence and drug content. Runtime is approximately 2 hours and 9 minutes.

**Limited to the first 25 to register.**



## CLASSES & ACTIVITIES - FARMINGTON SITE

### **ORGAN DONATION - WHAT YOU NEED TO KNOW**

**Tuesday, April 24 - 10:30am**

**Speaker: Beth Hinesley, Community Relations Coordinator, Carolina Donor Services**

**RSVP by April 17**

Ms. Hinesley will share with the group the importance of organ donation and how you can help make a difference in someone's life.

**Limited to the first 25 to register.**

***Qualifies for Destination Fitness drawing.***

### **PANTRY BINGO**

**Wednesday, May 2 - 10:30am**

**RSVP by April 25**

Our quarterly pantry bingo will allow you to win useful items that you actually need.

**Limited to the first 25 to register.**

### **EAT THIS INSTEAD OF THAT**

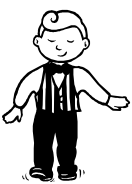
**Tuesday, May 8 - 10:30am**

**Speaker: Ina Beavers, Program Coordinator**  
**RSVP by May 7**

Ina will share some easy substitutions to make in your diet to save calories and make your meals healthier.

**Limited to the first 25 to register.**

***Qualifies for Destination Fitness drawing.***



### **TAP DANCING DEMONSTRATION**

**Thursday, May 17 - 10:30am**

**RSVP by: May 10**

Get your toes tapping as we watch a great tap dancer show their stuff!

**Limited to the first 25 to register.**

### **UPDATE ON NEW MEDICAL FACILITY**

**Wednesday, May 23 - 10:30am**

**Speaker: Heather Hayes, Project Adm./Davie Markets, Wake Forest Baptist Health**  
**RSVP by: May 16**

Ms. Hayes will update everyone on how the new medical facility being built in Eastern Davie is coming along.

**Limited to the first 25 to register.**

### **SPRING FLING**

**Tuesday, May 29 - 10:30am**

**RSVP by May 22**

We will have a mini Luau to celebrate Spring. There will be light refreshments and lots of fun.

**Limited to the first 25 to register.**



### **PAD Seminar**

**Wednesday, June 6 - 10:30am**

**Speaker: Dr. George Kimberly**

**RSVP by May 30**

PAD, or Peripheral Artery Disease, is a common circulatory problem in which narrow arteries reduce blood flow to your limbs.

Learn more about the signs and symptoms at this seminar.

**Limited to the first 25 to register.**

***Qualifies for Destination Fitness drawing.***



### **MUSIC WITH RAY PRESNELL & JERRY SMITH**

**Thursday, June 14 - 10:30am**

**RSVP by June 7**

Enjoy the sounds of Ray & Jerry as they sing country music. You are sure to sing along.

**Limited to the first 25 to register.**

### **ASK THE DIETICIAN**

**Tuesday, June 19 - 10:30am**

**Speaker: Cathy Manson, Davie Co. Health Dept.**

**RSVP by: June 12**

Get the answers to your nutritional questions from the expert. Also learn about the Diabetes Program offered through the Health Department.

**Limited to the first 25 to register.**

### **PROUD TO BE A BOOMER**

**Monday, June 25 - 10:30am**

**RSVP by: June 18**

The Baby Boomers have made significant contributions to our society. Even if you are not a "Boomer" come join us as we provide fun facts, music and more related to this generation.

**Limited to the first 25 to register.**



## CALENDAR OF EVENTS - FARMINGTON SITE

### April

- April 3 - Music with Carolyn - 10:30am
- April 5 - Easter Celebration - 10:30am
- April 6 - CLOSED FOR GOOD FRIDAY
- April 9 - Travel Time - 10:30am
- April 11 - Consumer Awareness - 10:30am
- April 18 - Blood Pressure Screens - 10:30am
- April 19 - Movie - "Courageous" - 10:15am
- April 24 - Organ Donation Seminar - 10:30am
- April 25 - Craft Day - 10:30am

### May

- May 1 - Music With Carolyn - 10:30am
- May 2 - Pantry Bingo - 10:30am
- May 8 - Eat This Instead of That - 10:30am
- May 14 - Travel Time - 10:30am
- May 16 - Blood Pressure Screens - 10:30am
- May 17 - Tap Dancing Demo - 10:30am
- May 23 - Update on New Medical Facility - 10:30am
- May 28 - CLOSED FOR MEMORIAL DAY
- May 29 - Spring Fling - 10:30am
- May 30 - Craft Day - 10:30am

### June

- June 5 - Music with Carolyn - 10:30am
- June 6 - PAD Seminar - 10:30am
- June 11 - Travel Time - 10:30am
- June 14 - Music with Ray & Jerry - 10:30am
- June 19 - Ask the Dietician - 10:30am
- June 20 - Blood Pressure Screenings - 10:30am
- June 25 - Proud to Be a Boomer - 10:30am
- June 27 - Craft Day - 10:30am

## CALENDAR OF EVENTS - MOCKSVILLE SITE

### April

- April 2 - Ask the Doctor - 10:45am
- April 2 - New Yoga session starts - 1:00pm - Must pre-register
- April 2 - New Yoga session starts - 2:00pm - Must pre-register
- April 2 - New Yoga session starts - 3:00pm - Must pre-register
- April 2 - Windows Components 1 class begins - 6:00pm
- April 2 - Piedmont Power Assoc. - 7:00pm
- April 3 - Senior Financial Care - 8:30am - 4:30pm
- April 3 - Day Trip - Paul J. Ciener Botanical Garden - Depart at 8:45am
- April 3 - Blood Pressure Screenings - 10:45am
- April 3 - Beginner's Knitting starts - 10:45am
- April 3 - Massage Therapy - 1pm - 4pm - by appt. only
- April 3 - Ballroom Dancing Demo & Lesson - 6:30pm
- April 4 - New Yoga session starts - 10:00am - Must pre-register
- April 4 - Senior Games Opening Ceremonies and Picnic - 12:30pm
- April 4 - Ballroom/Social Dancing Begins - 6:00pm
- April 6 - 8 - CLOSED FOR EASTER
- April 10 - Tai Chi begins - 10:00am
- April 10 - Spring Party - 2:00pm
- April 10 - Scrapbooking - 2:00pm
- April 10 - Alzheimer's Support Group - 6:30pm
- April 12 - Knitting/Crocheting Group - 1:00pm
- April 12 - Dinner & a Movie - "Moneyball" - 5:30pm
- April 13 - Sign Language Classes start - 11:00am
- April 13 - How to Stay Calm, Cool and Collected as a Caregiver - 1:00pm

# Calendar of Events - Mocksville Site

- April 16 - Destination Fitness Testing - 9:30 - 11:00am
- April 16 - Monthly Movie - "Dolphin Tale" - 2:00pm
- April 16 - Quilt Guild - 6:30pm
- April 17 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- April 17 - Senior Lunch - 11:30am
- April 17 - Senior Book Club - 1:30pm
- April 19 - Radon Awareness Seminar - 1:00pm
- April 19 - Word Level 2 Refresher Course - 1:00pm
- April 20 - Friday Afternoon at the Movies - "Bloodwork" - 1:00pm
- April 21 - Saturday Morning Breakfast - 9:00am
- April 23 - Karaoke - 2:00pm
- April 24 - Theatre Club - 1:00pm
- April 24 - Email Level 1 class begins - 1:00pm
- April 24 - Singles Dinner - depart at 5:30pm
- April 25 - Winston Salem Dash Game - depart at 10:30am
- April 26 - Knitting/Crocheting Group - 1:00pm
- April 27 - Bingo - 1:00pm

## May

- May 1 - Senior Financial Care - 8:30am - 4:30pm
- May 1 - Day Trip - Barn Quilt Trails Tour- Depart at 9:00am
- May 1 - Blood Pressure Screenings - 10:45am
- May 1 - Massage Therapy - 1pm - 4pm - by appt. only
- May 3 - Senior Celebration - 2:00pm
- May 4 - Handbells - 10:00am
- May 4 - Friday Afternoon at the Movies - "Doc Hollywood" - 1:00pm
- May 7 - Ask the Doctor - 10:45am
- May 7 - Piedmont Power Assoc. - 7:00pm
- May 8 - Food Care & Prep During a Power Outage - 1:00pm
- May 8 - Scrapbooking - 2:00pm
- May 8 - Alzheimer's Support Group - 6:30pm
- May 10 - Knitting/Crocheting Group - 1:00pm
- May 11 - Computer Basics class begins - 10:00am
- May 11 - Microsoft Word Level 1 class begins - 1:00pm
- May 11 - Mother/Daughter Social - 6:30pm
- May 15 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- May 15 - Senior Book Club - 1:30pm
- May 15 - SilverArts Exhibition & Performances - 6:00pm
- May 17 - "Are You Drinking Enough Water" seminar - 1:00pm
- May 17 - Senior Games/SilverArts Closing Ceremonies & Awards Dinner - 6:00pm - Parks & Rec. Dept.
- May 18 - Friday Afternoon at the Movies - "Men In Black" - 1:00pm
- May 19 - Crop 'Till You Drop - 9:00am
- May 21 - Destination Fitness Testing - 9:30 - 11:00am
- May 21 - Beginning Computers class begins - 10:00am
- May 21 - Microsoft Excel Level 1 class begins - 1:00pm
- May 21 - Monthly Movie - "The Help" - 2:00pm
- May 21 - Computer Basics class begins - 6:00pm
- May 21 - Quilt Guild - 6:30pm
- May 22 - Ask the Dietician - 10:45am
- May 22 - Theatre Club - 1:00pm
- May 22 - Advisory Council Meeting - 3:00pm
- May 24 - Knitting/Crocheting Group - 1:00pm
- May 24 - "Fidget Aprons" Service Project & Craft - 1:00pm
- May 24 - Beginning Computers class begins - 5:00pm

## Calendar of Events - Mocksville Site

- May 26 - 28 - CLOSED FOR MEMORIAL DAY WEEKEND
- May 29 - Microsoft Word Level 2 class begins - 10:00am
- May 29 - Microsoft Powerpoint Level 1 class begins - 1:00pm
- May 30 - Golden Anniversary Party - 12:00pm

### June

- June 1 - Handbells - 10:00am
- June 4 - Ask the Dr. - 10:45am
- June 4 - Microsoft Word Level 1 class begins - 6:00pm
- June 4 - Piedmont Power Assoc. - 7:00pm
- June 5 - Senior Financial Care - 8:30am - 4:30pm
- June 5 - Day Trip - Old Carolina Brick Company - Depart at 9:30am
- June 5 - Blood Pressure Screening - 10:45am
- June 5 - Massage Therapy - 1pm - 4pm - by appt. only
- June 8 - Destination Fitness Breakfast - 9:00am
- June 11 - Father/Son Social - 6:00pm
- June 12 - Microsoft Excel Level 2 class begins - 10:00am
- June 12 - Veteran's Social - 10:30am
- June 12 - Microsoft Powerpoint Level 2 class begins - 1:00pm
- June 12 - Scrapbooking - 2:00pm
- June 12 - Windows Movie Maker class begins - 3:00pm
- June 12 - Alzheimer's Support Group - 6:30pm
- June 13 - Wohlfahrt Haus Dinner Theatre Trip - Depart at 8:45am
- June 14 - Knitting/Crocheting Group - 1:00pm - 3:00pm
- June 16 - Saturday Morning Cinema - "The Outlaw Josey Wales" - 10:00am
- June 18 - Destination Fitness Testing - 9:30 - 11:00am
- June 18 - Monthly Movie - "Larry Crowne" - 2:00pm

- June 18 - Quilt Guild - 6:30pm
- June 19 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- June 19 - File Management Level 1 class begins - 10:00am
- June 19 - Windows Components 1 class begins - 1:00pm
- June 19 - Senior Book Club - 1:30pm
- June 19 - Microsoft Word Level 2 class begins - 6:00pm
- June 21 - Intergenerational Movie - "Mr. Popper's Penguins" - 1:00pm
- June 26 - Theatre Club - 1:00pm
- June 26 - Dental Health Seminar - 1:00pm
- June 28 - Knitting/Crocheting Group - 1:00pm - 3:00pm

### HOLIDAY CLOSINGS

Senior Services will be closed on the following dates:

- April 6 - 8 for Easter
- May 26 - 28 for Memorial Day Weekend



# Happy Spring!



278 Meroney Street  
Mocksville, NC 27028  
336-753-6230

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ADDRESS SERVICE REQUESTED

*It is the mission of Davie County Senior Services  
to provide seniors with accessible services and opportunities for  
fellowship, fun and learning, through activities and programs that enrich lives.*



# Don't Forget!

Anytime you come to Senior Services please remember to scan your membership card. This helps us to keep track of how many people use our building.

We use this information to obtain grants and request additional money when necessary. It also lets us know who to call if an ongoing class is canceled for some reason.

If you do not have a membership card, see a staff person today to get one. Membership is free and the information is important to help us maintain a safe environment for our participants.

Call Senior Services at 336-753-6230 for more information or to register for any events or programs in the newsletter.